

Benefits of Quitting

- Cuts your risk of cancer of the mouth and throat in half.
- Reduces your risk of high blood pressure, heart attack, and stroke.
- Reduces your risk of gum disease and tooth loss.



Looking For More?

Visit the following web sites for more information on spit tobacco:
 SD Department of Health
www.state.sd.us/doh/tobacco
 Centers For Disease Control
www.cdc.gov/tobacco/ets.htm
 Spit Tobacco Education Program
www.nstep.org

Branded?



Be a Quitter

Call the toll-free South Dakota QuitLine for free help when you decide to quit. With coaching you are twice as likely to quit tobacco.

It's free, it's confidential, and it works!



Not a Safe Alternative

Spit, also known as chewing tobacco or snuff, is not safer than smoking.

Spit contains some of the same harmful chemicals that are found in cigarettes.

A pinch of tobacco held in your mouth for 30 minutes delivers as much nicotine as three to four cigarettes.

Nicotine has been shown to be as addictive as heroin and cocaine.

Deadly Ingredients

Spit tobacco contains 28 chemicals known to cause cancer. Some of these well-known ingredients of spit include:

- Formaldehyde (embalming fluid)
- Nickel
- Nitrosamines
- Radioactive Polonium-210
- Arsenic (poison)
- Cadmium (car batteries)
- Benzopyrene



Get the Facts

- Tobacco use causes 75% of mouth and throat cancers. Only half of the people with oral cancer are alive five years after the diagnosis.
- Long-term spit users are up to 50 times more likely to end up with cancer of the cheek and gum.
- Spit tobacco use may cause your heart rate to increase and raise your risk for a heart attack or a stroke.
- Teens who use spit tobacco are more likely to become cigarette smokers.



Definitely Not Harmless

- Spit tobacco increases your chance of:
- Cancer of the mouth and throat
 - Cancer of the stomach and pancreas
 - Gum disease and tooth loss
 - Stained teeth
 - Bad breath



You Can Ditch the Spit!

Do you want to quit? Here are a few tips to help you along the way:

1. Make a list of reasons to quit. Keep these in mind to help you make it through tough times.
2. Build a *Quit Team*: your friends, family, doctor and dentist. Let them know you're quitting and when so they can help and support you.
3. Set a *Quit Date*. Don't put it off. Mark a quit date on your calendar that's no more than two weeks from when you decide you're ready.
4. Notice when and where you dip. Plan other things you can do at those times.
5. Make your *Quit Day* different and special. Change your routine, exercise, drink lots of water and do something special for yourself.
6. Don't give in to cravings. These usually last for only 3-5 minutes.

Resource Details

Spit Tobacco Brochure
 Size: 11"x8.5"
 Theme: Spit Tobacco
 Audience: General

This brochure explains the health effects of using spit tobacco and why it is not a safe alternative to smoking. It also provides quitting tips and information on the South Dakota QuitLine.

Where to Order

Online: www.state.sd.us/doh/catalog.htm
 Via email: DOH.INFO@state.sd.us

Or through your local Tobacco Prevention Coordinator:

Northeast Region- 605-884-3523
 Southeast Region- 605-339-1199 ext 341
 Central Region- 605-224-6287
 Western Region- 605-347-4467


QUICK REFERENCE

About 28,000 new diagnoses of oral cancer occur each year in the United States. The disease kills more than 7,000 Americans annually. As with many other types of cancer, oral lesions that are detected early offer a better chance for more successful treatment—making oral cancer detection one more reason why you should see your dentist regularly.

oral cancer

Early Detection is Key

During a dental examination, your dentist checks your neck and oral tissues for lumps, red or white patches or recurring sore areas. Screening for early changes in the oral tissues can help detect cancer at a stage when it can be more successfully treated. If oral cancer is not found early, tumors may grow deep into local tissues and spread to lymph glands in the head and neck, making successful treatment more difficult.



ORAL CANCER - TONGUE ORAL CANCER - LIP LEUKOPLAKIA
A POSSIBLE PRECANCEROUS
LESION INSIDE OF CHEEK

Since early detection is so important, check your mouth when brushing and flossing. If you notice any changes in the appearance of your mouth or any of these signs and symptoms, contact your dentist:

- ① A persistent sore or irritation that bleeds easily and does not heal
- ② Color changes such as the development of red and/or white lesions
- ③ Pain, tenderness or numbness anywhere in the mouth or lips
- ④ A lump, thickening, rough spot, crust, or small eroded area
- ⑤ Difficulty chewing, swallowing, speaking, or moving the jaw or tongue
- ⑥ A change in the way your teeth fit together when you close your mouth completely.

ADA
American Dental Association
www.ada.org

oral cancer

You Can Reduce Your Risk

Smoking (cigarettes, cigars, or pipes), especially combined with heavy alcohol consumption (30 drinks a week or more), is the primary risk factor for oral cancer. In fact, this combination is estimated to be the most likely trigger in about 75 percent of oral cancers diagnosed in this country. Other lifestyle and environmental factors also may increase your risk of developing oral cancer. For example, use of smokeless tobacco products has been linked to oral cancer development and exposure to sunlight for long periods on a regular basis could be a factor in lip cancer development.

In addition to avoiding these risk factors, you may be able to help protect yourself from oral cancer by modifying your diet. Studies suggest that a diet high in fruits and vegetables may help prevent the development of precancerous lesions.

Actively Maintain Your Oral Health

- ① As part of your oral hygiene routine, watch for changes in the soft tissues in your mouth.
- ② Eliminate known cancer risk factors—especially tobacco and alcohol use.
- ③ Visit your dentist to receive an oral cancer screening that just may save your life.

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To purchase additional copies, call 1-800-947-4746
or visit www.ada.org

ADA
American Dental Association
www.ada.org
211 East Chicago Avenue
Chicago, Illinois 60611-3678

Resource Details

Oral Cancer Card
Size: 4"x9"
Theme: Spit Tobacco
Audience: General

This card highlights the human toll of oral cancer and the risk factors associated with the disease. It gives tips on early detection, including photos to help identify symptoms.

Where to Order

Via email: DOH.INFO@state.sd.us

Or through your local Tobacco Prevention Coordinator:

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Southeast Region- 605-339-1199 ext 341
Central Region- 605-224-6287
Western Region- 605-347-4467

QUITTING TAKES HARD WORK AND A LOT OF EFFORT, BUT -

YOU CAN QUIT SPIT TOBACCO

SUPPORT AND
ADVICE FROM
YOUR CLINICIAN

A PERSONALIZED QUIT PLAN FOR: _____

WANT TO QUIT USING SPIT TOBACCO?

- ▶ Spit tobacco contains more nicotine than cigarettes. Nicotine is as addictive as narcotic drugs like heroin, cocaine, or alcohol.
- ▶ Quitting is hard, but you can do it.
- ▶ Many people try 2 or 3 times before they quit for good.
- ▶ Each time you try to quit, you are more likely to succeed.
- ▶ Spit tobacco is not a safe alternative to cigarettes.

GOOD REASONS FOR QUITTING:

- ▶ Spit tobacco contains over 28 cancer causing ingredients.
- ▶ 75% of mouth and throat cancers are caused by tobacco and only 1/2 of the people diagnosed with oral cancer are alive 5 years after the diagnosis.
- ▶ You will lower your risk of heart disease and high blood pressure caused by nicotine use.
- ▶ Your breath will be cleaner.
- ▶ You will reduce your risk of stained teeth and tooth loss.

TIPS TO HELP YOU QUIT:

- ▶ Get rid of ALL spit tobacco and related products in your home, car, or workplace.
- ▶ Ask your family, friends, and coworkers for support.
- ▶ Keep yourself busy.
- ▶ Reward yourself often.

QUIT AND SAVE YOURSELF MONEY:

- ▶ At \$3.00 or more a can, you will save a lot of money when you quit.
- ▶ What else could you do with this money?

Adapted from material available from the U.S. Department of Health and Human Services, Public Health Service.
South Dakota Department of Health QuitLine 1-866-SD-QUITS (1-866-737-8487)

FIVE KEYS FOR QUITTING	YOUR QUIT PLAN
<p>1. GET READY.</p> <ul style="list-style-type: none"> ▶ Set a quit date and stick to it - not even a single dip! ▶ Think about past quit attempts. What worked and what did not? <p>2. GET SUPPORT AND ENCOURAGEMENT.</p> <ul style="list-style-type: none"> ▶ Get help through telephone coaching or other individual or group counseling. ▶ Telephone coaching is available at no cost by calling 1-866-SD-QUITS (1-866-737-8487). ▶ Tell family, friends and coworkers you are quitting. ▶ Talk to your doctor or other health care provider. <p>3. LEARN NEW SKILLS AND BEHAVIORS.</p> <ul style="list-style-type: none"> ▶ When you first try to quit, change your routine. ▶ Reduce stress. ▶ Distract yourself from urges to use spit tobacco. ▶ Plan something enjoyable to do every day. ▶ Drink a lot of water and other fluids. ▶ Use oral substitutes like sunflower seeds, gum, hard candy or cinnamon sticks. <p>4. GET MEDICATION AND USE IT CORRECTLY.</p> <ul style="list-style-type: none"> ▶ Talk with your health care provider about which medication will work best for you. ▶ Zyban - available by prescription. ▶ Nicotine gum - available over-the-counter. ▶ Nicotine inhaler - available by prescription. ▶ Nicotine nasal spray - available by prescription. ▶ Nicotine patch - available over-the-counter. ▶ Nicotine lozenge - available over-the-counter. <p>5. BE PREPARED FOR RELAPSE OR DIFFICULT SITUATIONS.</p> <ul style="list-style-type: none"> ▶ Avoid alcohol. ▶ Be careful around other tobacco users. ▶ Improve your mood without using spit tobacco. ▶ Eat a healthy diet and stay active. ▶ Be aware of triggers. 	<p>1. CALL THE QUITLINE TO SET YOUR QUIT DATE:</p> <p>Quit Date: _____</p> <p>2. WHO CAN HELP YOU:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>3. SKILLS AND BEHAVIORS YOU CAN USE:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>4. YOUR MEDICATION PLAN:</p> <p>Medications: _____</p> <p>Instructions: _____</p> <p>_____</p> <p>5. HOW WILL YOU PREPARE?</p> <p>_____</p> <p>_____</p> <p>_____</p>

Quitting spit tobacco is hard, but it can be done! Be prepared for challenges, especially in the first few weeks.

Follow-up plan: _____

Other information: _____

Referral: _____

Clinician _____ Date _____

South Dakota Department of Health QuitLine 1-866-SD-QUITS (1-866-737-8487)

Resource Details

You Can Quit Tearsheet for Spit Tobacco, 8.5"x11"
Audience: Health Care Providers

This sheet lists the health benefits and cost savings available to those who quit using spit tobacco. The sheets come in tear-off pads of 25, which provide an easy way to give patients clear, concrete advice to quit using tobacco as well as "take home" tips and referral information to help them.

Where to Order

Online: www.state.sd.us/doh/catalog.htm
Via email: DOH.INFO@state.sd.us

Or through your local Tobacco Prevention Coordinator:

Northeast Region- 605-884-3523
Southeast Region- 605-339-1199 ext 341
Central Region- 605-224-6287
Western Region- 605-347-4467



Resource Details

Tobacco Brands You Poster, 10"x 19"

Audience: General

This poster challenges tobacco users to choose to change their lives and quit using spit tobacco.

Where to Order

Via email: DOH.INFO@state.sd.us

Or through your local Tobacco Prevention Coordinator:

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Southeast Region- 605-339-1199 ext 341

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